



Search \ Q

 DONATE

What Does Krishna Mean By Swadharma?



# What Does Krishna Mean By Swadharma?

Sadhguru explains that Swadharma is the way of self, a means to experience life beyond physical limitations.

[Blog Home](#) » [Videos](#) » [Video](#)

Sep 17, 2015 |

**S**adhguru explains that Swadharma is the way of self, a means to experience life beyond physical limitations. If we go by the laws of the physical, it will always be governed by boundaries. If we want to experience the **boundless nature of the non-physical**, we need to turn inward and follow the way of Swadharma.

---

### **Full Transcript:**

So he said swadharma – swa means self, dharma means law – so the law of yourself, people thought it's Hindu dharma. Krishna did not know any Hindu dharma; I want you to know this. Yes? Yes or no? Krishna does not know any Hindu dharma; he is talking about the law of the self. What is the nature of the self, how does it operate, what is it that you have to do with it? As there is law of the physical there is law of the self. He is saying 'you must live by the laws of the self, not by the physical laws.' If you live by the physical laws this will happen – today we are friends, tomorrow something comes we'll be fighting. Yes or no? Yes? You are sitting there, I am sitting here, we are nice. If you try to sit here there'll be a fight. Yes or no? isn't this happening even in the closest of relationships on the planet, not just between two nations, not between communities, not between societies, is it between...happening between husband and wife, father and child, mother and child – is it not happening? Yes or no? Because this is the physical law that you sit there, I sit here; once in a way I come there, will do this. (Gestures) If we feel like it we will hug but if I sit on your head or if I sit...you sit on my head, it's not going to work. Yes or no?

Now repeatedly one fly will come and sit here. Initially...initially it just sat here. (Gestures) after some time it started biting. Then chukk. (Gestures) Yes or no? You may not get it that's different (Laughs) but you want to get it, isn't it? So this is the nature of the physical. So Krishna is saying 'if you go by the physical laws – Arjuna is lamenting 'how can I kill my brother, how can I kill my grandfather, how can I kill my Guru in this battle' because they are on the other side. So Krishna is saying 'see if you go by the physical laws you have to kill. They stayed away, you stayed away no problem. Now we crossed our paths, no...no chance of escaping this. Today or tomorrow you will have to kill. So the moment has come to kill. You can't stop it; this is not your choice or their choice, this is the way of the physical.'

Physical happens with boundaries. If transgression of boundaries happen... (Gestures) Yes or no? For everybody...for everybody in this world you have a boundary. Yes? Your enemy means the boundary is there (Gestures) if he crosses that there'll be trouble. Your neighbor means boundary is there, if he crosses that there'll be trouble. Your friend means the boundary is here, if he crosses that there'll be trouble. Your spouse means the boundary is here but if he crosses that there'll be trouble. Your child means the boundary is here but if he crosses that there'll be trouble. Yes or no? What home minister what do you say? What? The home minister, you forgot?. (Laughs)

So for everybody there is a boundary. Isn't it so? However dear to you they are isn't there a boundary? Is there a boundary or no? There is a boundary, isn't it? Only if we maintain the boundary, see there is low line (Laughs), if you maintain the boundary things work in the physical world. If you cross the boundary any transgression happens with the boundary, beginning of violence is started, isn't it? First step towards violence has begun; initially it'll happen in words, then little pushing and then chopping. Don't think 'no, no I won't do it.' You will also do it. This is the way of the physical.

So Krishna is saying 'If you don't want this, if you're struggling with this chopping business, you follow your swadharma, the way of the self where there are no boundaries.' You can sit here and be

anywhere; you can sit here and be nowhere. Nobody is a transgression in this. When you sit here and there is no trans...you cannot transgress anybody and nobody can transgress you; if you experience this then I don't have to tell you fight the war. But you live by the physical laws and you try to avoid the fight it is not going to help. Anyway you have to fight. So how to follow this? You have to turn inward. If you live by the way of the physical collision is just one step away. Isn't it so? Yes or no? Colliding with something is just a step away always. You got to dodge it, all the time dodging, isn't it? If you don't dodge you'll go like this (Gestures) with somebody invariably. So that's swadharma.

---

*Editor's Note: Subscribe to the official [Sadhguru YouTube channel](#) to watch new videos every Monday, Wednesday and Friday.*

1.5k  
Shares



**POSTED IN:** Video

**TAGS:** Spirituality

[< PREVIOUS POST](#)

[NEXT POST >](#)

Subscribe to receive Isha News weekly in your mailbox

Your E-Mail Address

Subscribe

*Vaishali*

namaskaram Sadhguru! As always very enlightening talk .Pranams .



**ISHA**

Isha Yoga  
Isha Yoga Programs  
Global Centers  
Social Outreach  
Offerings & Celebrations  
Health Offerings  
Mahashivratri 2017

## **CONTACT US**

Subscribe  
Volunteer  
Donate  
Sadhguru & Isha Mobile Apps

## **GENERAL**

Sadhguru's Schedule  
Isha News  
Press & Media  
Contact Us  
Isha Links  
Sitemap

## **SADHGURU**

Man  
Mystic  
Mission  
Subscribe to Mystic Quotes  
A to Z  
Videos

